



A Crisis Can Happen Anytime Get Help 24/7

Support for mental health or substance use

Call or text 9-8-8

Free & confidential

Fast response

All ages

**IT'S
UP TO US**

How 9-8-8 helps

A trained counselor will ask about what you're facing and listen to you. Based on your situation, they will connect you to the right resources. They might send the Mobile Crisis Response Team or emergency services. If you don't need urgent help, they'll connect you to a place you can go for support.

Find
support

bit.ly/48JXE1Q



Resources that may help

MCRT Mobile Crisis Response Team



Non-law enforcement team
24 hours/day | 7 days/week

PERT Psychiatric Emergency Response Team



Law enforcement with a clinician
Hours vary

EMS Emergency Medical Services



If there is a medical emergency
24 hours/day | 7 days/week

CSU Crisis Stabilization Units



Behavioral health facilities to stabilize people in crisis
24 hours/day | 7 days/week

Behavioral Health Clinics



Scheduled or walk-in appointments
Available weekdays, visit the QR code for hours
and locations